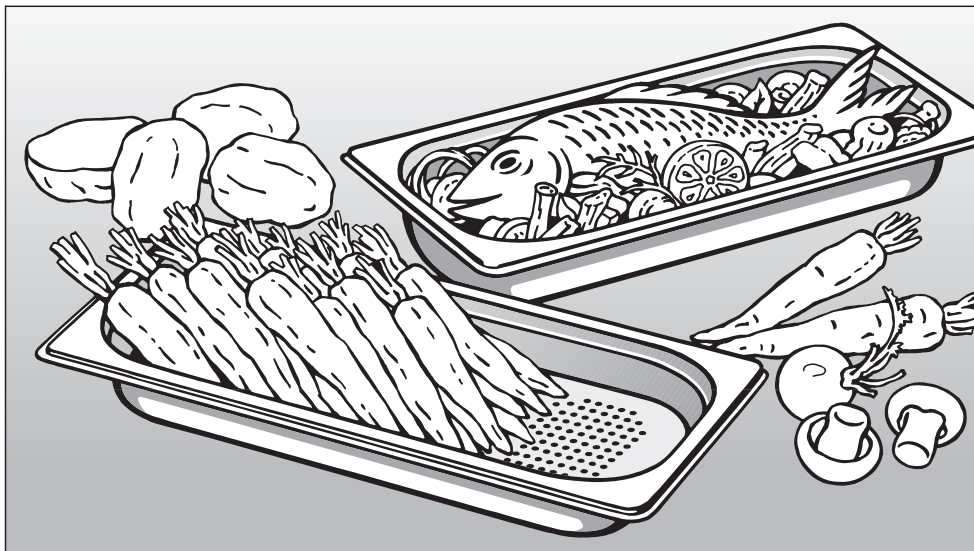


User instructions



Steam ovens

en - AU, NZ

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Foreword

Please read through the operating instructions carefully to help you familiarise yourself with the appliance and also for information on how to use the different functions.

The advantages of cooking with steam

Almost all vitamins and minerals are retained as the food is not immersed in water.

Cooking with steam also retains the true taste of the food better than conventional cooking. We therefore recommend seasoning the food after it has been cooked. Food retains its fresh, original colour.

General notes

This section contains general information about steam cooking. You will find more detailed information about particular foods and how to cook them in the other sections.

Cooking containers

This steam oven is supplied with stainless steel cooking containers.

Other containers, in a variety of sizes, both perforated and solid, are available as optional extras (please refer to "Optional accessories" in the operating instructions supplied with the appliance). This enables you to choose the most suitable container for the food you are preparing.

It is best to use perforated containers if possible. The steam can reach the food from all sides and the food is cooked evenly.

Your own containers

You can also use your own containers. However, please note the following:

- If using plastic cooking containers, make sure that they are heat-resistant to 100 °C and able to withstand hot steam. With plastic containers please check with the manufacturer that they are suitable for use in a steam oven.
- Thick-sided containers made from porcelain, china or stoneware, for example, are not so suitable for steam cooking. They do not conduct heat well and as a result cooking durations will be considerably longer than those given in the charts.
- Place the cooking containers on the rack and not on the oven floor.
- Ensure that there is a gap of at least 3 cm between the upper rim of the container and the top of the cooking compartment to allow sufficient steam into the container.

Condensate tray

When you are using perforated containers, place the condensate tray on the floor of the appliance to collect any drops of liquid and allow them to be removed easily.

Shelf levels

You can select any shelf level. You can also cook on several levels at the same time. This will not alter the cooking duration.

Frozen food

Do not place more than 1.5 kg of frozen food in the appliance at a time. The greater the quantity of frozen food, the longer the heating up phase.

Foreword

Temperature

A maximum temperature of 100 °C is reached in the steam oven. Most types of food will cook at this temperature. Some more delicate types of food, such as soft fruit, must be cooked at lower temperatures as otherwise they will burst. More information is given in the relevant section.

Cooking duration (time)

In general, the cooking durations for cooking with steam are the same as for cooking food in a saucepan. More information about any factors which may affect the cooking duration is given in the relevant sections.

The quantity of food does not affect the cooking duration. 1 kg of potatoes will take the same time to cook as 500 g.

The durations given in the charts are guidelines only. We recommend selecting the shorter cooking duration quoted to start with. If food is not cooked sufficiently after the shorter time it can be put back in the oven and cooked some more.

Cooking with liquid

When cooking with liquid only fill the cooking container $\frac{2}{3}$ full to prevent the liquid spilling when the cooking container is removed from the oven.

Your own recipes

Food and recipes which are prepared in pot or a pan can also be cooked in the steam oven. The cooking times in the steam oven will be the same. Please note that food will not be brown or crisp when cooking with steam.

Fresh vegetables

Prepare fresh vegetables in the usual way, i.e. wash, clean and cut them up.

Frozen vegetables

Frozen vegetables do not need to be defrosted before steaming unless they have been frozen together in a block.

Frozen and fresh vegetables which take the same length of time to cook can be cooked together.

If vegetables have frozen together in clumps, break these up before cooking with steam. Follow the manufacturer's instructions on the packaging regarding cooking duration.

Cooking containers

Food such as peas or asparagus spears, which have little or no space between them will take longer to cook because the steam has less space to work in. For an even result, it is best to use a shallow container for these types of foods, and only fill it 3-5 cm deep. When cooking large quantities divide the food between 2 or 3 shallow cooking containers rather than using one deep one.

Different types of vegetables which take the same length of time to cook can be cooked together.

Use solid containers for vegetables which are cooked in liquid such as cabbage.

Shelf levels

When cooking vegetables with a distinctive colour (e.g. beetroot) in a perforated container at the same time as cooking other foods in other containers, place the condensate tray directly underneath the container with the beetroot to catch any drips and so avoid any colour transfer.

Temperature

Vegetables are steamed at 100 °C.

Vegetables

Cooking duration

As with conventional methods, when cooking vegetables with steam the cooking duration will depend on the size and also whether you want the vegetables to be al dente or soft/well done. Example:

waxy potatoes, cut into quarters	= approx. 18 minutes
waxy potatoes, cut in half	= approx. 22 minutes
Brussels sprouts, large, al dente	= approx. 12 minutes
Brussels sprouts, small, soft	= approx. 12 minutes

Settings

The durations given in the chart are guidelines for fresh vegetables. We recommend selecting the shorter cooking duration quoted. If food is not cooked sufficiently after the shorter time it can be put back in the oven and cooked some more.

	Temperature in °C	Duration in minutes
Artichokes	100	35 - 40
Cauliflower, whole	100	20 - 45
Cauliflower florets	100	6 - 10
Green beans	100	8 - 12
Broccoli florets	100	4 - 8
Chicory	100	3 - 5
Chinese cabbage	100	4 - 6
Peas	100	3 - 8
Sugar snap peas	100	3 - 8
Fennel, halved	100	12 - 16
Fennel, cut into strips	100	6 - 10
Curly kale, chopped	100	20 - 30
Carrots, sliced	100	6 - 10
Potatoes, peeled and halved	100	20 - 40
Kohlrabi, cut into batons	100	6 - 10
Pumpkin, diced	100	3 - 6
Corn on the cob	100	10 - 25
Swiss chard	100	2 - 6
Peppers, cut into strips	100	2 - 6
New potatoes	100	25 - 40

Vegetables

	Temperature in °C	Duration in minutes
Leeks, sliced	100	4 - 8
Leeks, halved lengthwise	100	8 - 12
Romanesco, whole	100	15 - 30
Romanesco florets	100	6 - 10
Brussels sprouts	100	12 - 16
Beetroot, whole	100	40 - 50
Red cabbage, chopped	100	20 - 30
Black salsify, whole 1 cm thick	100	8 - 12
Celeriac, cut into batons	100	8 - 10
White asparagus	100	10 - 16
Green asparagus	100	7 - 12
Spinach	100	2 - 4
Spring cabbage, chopped	100	8 - 10
Celery stalks	100	7 - 10
Swede, batons/diced	100	7 - 12
White cabbage, chopped	100	15 - 20
Savoy cabbage, chopped	100	6 - 10
Courgettes, sliced	100	2 - 4

Fresh meat

Prepare the meat in the usual way.

Frozen meat

Meat should be thoroughly defrosted cooking in the steam oven (see "Defrosting").

Preparation

For meat which needs to be seared before being cooked, e.g. stewing steak, sear the meat in a pan on the hob first. Then place it in the oven to cook it with steam.

Cooking container

Any.

Shelf level

Any.

Temperature

Meat is cooked in the steam oven at 100 °C.

Cooking duration

The cooking duration depends on the thickness and tenderness of the meat, and not on the weight. The thicker the food, the longer the cooking duration. A piece of meat weighing 500 g which is 10 cm thick will take longer to cook than a piece of meat weighing 500 g but which is 5 cm thick.

Useful tips

Use a perforated container to retain the **flavours** when cooking meat, such as prime beef topside. Place a solid container underneath to catch the juices. You can use these to make a gravy or freeze them for later use.

Meat

Boiling fowl, pork rind, meat, ribs and meat bones can all be used to make delicious **stock**. Place the meat together with some mixed vegetables in a solid cooking container and add cold water. Cook at 100 °C for 60 to 90 minutes. The longer the cooking duration, the stronger the stock.

Settings

The durations given in the charts are guidelines only. We recommend selecting the shorter cooking duration quoted. If food is not cooked sufficiently after the shorter time it can be put back in the oven and cooked some more.

	Temperature in °C	Duration in minutes
Flank	100	60 - 70
Knuckle	100	90 - 95
Chicken breast fillet	100	8 - 10
Veal cutlets	100	3 - 4
Gammon steaks	100	6 - 8
Lamb stew	100	12 - 16
Turkey roulade	100	12 - 15
Turkey escalopes	100	4 - 6
Poularde/Spring chicken	100	50 - 60
Beef stew	100	40 - 50
Boiling fowl	100	50 - 60
Prime beef topside	100	60 - 100

Fresh fish

Prepare fresh fish in the usual way, i.e. clean, gut and fillet.

Frozen fish

Defrost frozen fish (see "Defrosting").

Preparation

Add some lemon or lime juice to fish before cooking. The citric acid helps the flesh stay firm.

It is not necessary to season fish when cooking with steam as this method retains the minerals which give the fish its unique flavour.

Cooking container

Any.

If using a perforated container, grease it first.

Shelf level

When cooking fish in a perforated container at the same time as cooking other types of food in other containers, place the condensate tray directly underneath the container with the fish to catch any liquid and so avoid any transfer of flavour to other food.

Temperature

85 °C

For gently cooking delicate types of fish, such as sole.

100 °C

For cooking firmer types of fish, e.g. cod and salmon.
Also for cooking fish in sauce or stock.

Fish

Cooking duration

The cooking duration depends on the thickness and the texture of the fish, and not on the weight. The thicker the fish, the longer the cooking duration. A 3 cm thick piece of fish weighing 500 g will take longer to cook than a 2 cm thick piece of fish weighing 500 g.

The longer fish cooks, the firmer its flesh will become. Use the cooking durations given in the chart.

If you find that the fish is not cooked sufficiently, only cook it for a few minutes more.

When cooking fish in sauce or stock, we recommend that you increase the cooking duration quoted by a few minutes.

Useful tips

Adding herbs and spices, such as dill, will help bring out the full flavour of the fish.

Cook large fish in the swimming position. To help maintain the structure of the fish, place a small cup or similar upside down in the cooking container, and arrange the fish belly side down over the cup.

You can use any fish scraps, e.g. fish heads, bones, tails etc to make a **fish stock**. Place the fish scraps together with some mixed vegetables in a solid cooking container and add cold water. Cook at 100 °C for 60 to 90 minutes. The longer the cooking duration, the stronger the stock.

Blue fish is fish which is cooked in water and vinegar. It is important not to damage the skin of the fish. This method is suitable for cooking carp, trout, tench, eel and salmon.

Settings

The cooking durations given in the chart are guidelines for fresh fish. We recommend selecting the shorter cooking duration quoted. If food is not cooked sufficiently after the shorter time it can be put back in the oven and cooked some more.

	Temperature in °C	Duration in minutes
Eel	100	5 - 7
Perch fillet	85	6 - 8
Seabream fillet	85	3 - 5
Coral cod, whole	85	15 - 20
Trout, 250 g	90	10 - 12
Shark steak	90	5 - 7
Halibut fillet	85	3 - 5
Atlantic cod fillet	100	4 - 6
Carp, 1.5 kg	100	18 - 25
Salmon fillet	100	4 - 8
Salmon trout	100	13 - 15
Pangasius fillet	85	3 - 5
Rose fish fillet	100	6 - 8
Haddock fillet	100	6 - 8
Plaice fillet	85	5 - 7
Monk fish fillet	85	8 - 10
Sole fillet	85	2 - 3
Turbot fillet	85	3 - 5
Tuna steak	100	3 - 5
Nile perch fillet	100	4 - 8
Pikeperch fillet	85	5 - 7

Other foods

Shellfish

Preparation

Defrost frozen shellfish before cooking with steam.

Peel, remove and discard the intestines, and then wash the shellfish.

Cooking container

Any.

If using a perforated container, grease it first.

Cooking duration

The longer shellfish are cooked, the tougher they become. Follow the cooking durations given in the chart.


When cooking shellfish in sauce or stock, we recommend that you increase the cooking duration quoted by a few minutes.

Settings

	Temperature in °C	Duration in minutes
Crevettes	90	3
Prawns	90	3
King Prawns	90	4
Small shrimps	90	3
Crayfish tails	95	10 - 15
Large shrimps	90	3

Mussels

Fresh mussels

 Only cook mussels which are closed.
N.B. Do not eat mussels which have not opened after being cooked. Danger of food poisoning.

Steep fresh mussels in water for a few hours before cooking to rinse out any sand. Then scrub them thoroughly to clean them.

Frozen muscles

Defrost frozen mussels before cooking.

Cooking duration

The longer mussels are cooked, the tougher they become. Follow the cooking durations given in the chart.

Settings

	Temperature in °C	Duration in minutes
Barnacles	100	2
Cockles	100	2
Bearded mussels	100	12
Pilgrim scallops	90	5
Razor clams	100	2 - 4
Venus mussels	100	4

Other foods

Rice

Rice swells when cooked and needs to be cooked in liquid. The proportion of rice to liquid will vary depending on the type of rice.

The rice absorbs all the liquid and so none of the nutrients are lost.

Settings

	Ratio Rice : Liquid	Temperature in °C	Duration in minutes
Basmati rice	1 : 1	100	15
Parboiled rice	1 : 1	100	20
Round grain rice	1 : 2	100	25
Brown rice	1 : 1.5	100	35 - 40
Wild rice	1 : 1	100	35 - 40

Pasta

Dry pasta

Dry pasta swells when it is cooked and needs to be cooked in liquid. The liquid must cover the pasta. Using hot liquid gives better results.

Settings for dry pasta

Reduce the cooking time recommended on the packaging by about $\frac{1}{3}$ as the pasta will start to swell during the heating up time.

Fresh pasta

Fresh pasta, such as you can buy from the supermarket chilled counter, does not need to absorb water. Cook fresh pasta in a perforated container.

Separate any pieces of pasta which have stuck together and spread them out in the cooking container.

Settings for fresh pasta

	Temperature in °C	Duration in minutes
Gnocchi	100	2
Ravioli	100	2
Tortellini	100	2

Other foods

Dumplings

Ready made boil-in-the-bag dumplings need to be well covered with water as otherwise they can fall apart. This is because even although they have been soaked in water beforehand they will not absorb enough moisture.

Cook fresh dumplings in a greased, perforated container.

Settings

	Temperature in °C	Duration in minutes
Yeast dumplings	100	12 - 15
Boil-in-the-bag potato dumplings	100	15 - 18
Boil-in-the-bag bread dumplings	100	15 - 18

Grains

Grain swells during cooking and needs to be cooked in liquid. The proportion of grain to liquid will vary depending on the type of grain.

Grain can be cooked whole or cracked.

Settings

	Ratio Grain : Liquid	Temperature in °C	Duration in minutes
Amaranth	1 : 2	100	40
Bulgur	1 : 1	100	10
Green spelt, cracked	1 : 1	100	10
Green spelt, whole	1 : 1	100	16 - 18
Oats, whole	1 : 1	100	16 - 18
Oats, cracked	1 : 1	100	10
Millet, whole	1 : 1	100	30 - 35
Polenta	1 : 3	100	10
Quinoa	1 : 2	100	10
Rye, whole	1 : 1	100	30 - 35
Rye, cracked	1 : 1	100	10
Wheat, whole	1 : 1	100	20 - 25
Wheat, cracked	1 : 1	100	10

Other foods

Dried pulses

Pulses swell during cooking and need to be cooked in liquid. The ratio of pulses to liquid should be 1:3.

Soak pulses for at least 10 hours in cold water before cooking. Soaking makes pulses more digestible and shortens the cooking duration required.

Exception: **Lentils** do not need to be soaked before cooking.

Settings

	Temperature in °C	Duration in minutes	
		Pre-soaked	Not pre-soaked
Beans			
Borlotti beans	100	55	110
Kidney beans	100	55	110
Black beans	100	60	120
Pinto beans	100	60	120
Haricot beans	100	25 - 30	60
Lentils			
Brown lentils	100	-	15 - 20
Red lentils	100	-	8
Peas			
Yellow split peas	100	20 - 40	40 - 80
Green peas, shelled	100	20 - 25	40 - 80

Hen's eggs

Use a perforated container to prepare boiled eggs in the steam oven.

The eggs do not need to be pierced before cooking as they are gradually warmed during the heating up phase and so do not burst when they are cooked with steam.

Plunge the eggs into cold water after cooking to stop them from continuing to cook.

When using a solid container for preparing egg dishes, remember to grease it first.

Settings

	Temperature in °C	Duration in minutes
Eggs medium size, soft boiled	100	3 - 4
Eggs medium size, medium boiled	100	5 - 6
Eggs medium size, hard boiled	100	8 - 10

Other foods

Fruit

Cook delicate types of fruit, the skin of which burst easily (e.g. apricots), at 90 °C only.

Cook fruit in a solid container so that none of the juice is lost. If you wish to cook fruit in a perforated container, place a solid container directly underneath it to collect the juice.

Tip

You can use the juice which has collected in the solid container to make a glaze for a fruit flan.

Settings

	Temperature in °C	Duration in minutes
Apricot halves	90	2 - 4
Apple pieces	100	3 - 5
Pear chunks	100	3 - 5
Cherries	90	2 - 4
Plums	100	2 - 4
Rhubarb	100	1 - 3
Sour cherries	90	2 - 4
Gooseberries	90	2 - 4

You can use the steam oven to cook a whole meal containing foods which have different cooking durations, e.g. fish fillet with rice and broccoli. The food which has the longest cooking duration is placed in the steam oven first and then each subsequent dish is placed in the oven at the appropriate time so that the whole meal is ready at the same time.

Shelf level

When cooking fish or food with a distinctive colour (e.g. beetroot) in a perforated container, place the condensate tray directly underneath the container to avoid any transfer of flavour or colour to other food.

Temperature

Whole meals should be cooked at a temperature of 100 °C as this is the temperature required to cook the majority of foods. Do not cook a whole meal at the lowest temperature when different temperatures are required for different types of food, e.g. 85 °C for seabream and 100 °C for potatoes.

If the recommended cooking temperature for the food is 85 °C for example, try cooking it at 100 °C and testing the result. Some delicate types of fish with a soft structure, e.g. sole and plaice will become very firm when cooked at 100 °C.

Cooking duration

If you are increasing the recommended temperature, shorten the cooking duration by approx. $\frac{1}{3}$.

Menu cooking

Example

Rice 20 minutes
Fish fillet 6 minutes
Broccoli 4 minutes

20 minutes - 6 minutes = 14 minutes
(1st cooking duration: rice)

6 minutes - 4 minutes = 2 minutes
(2nd cooking duration: fish fillet)

Remaining time = 4 minutes
(3rd cooking duration: broccoli)

Duration	20 min - rice		
		6 min - fish fillet	
			4 min - broccoli
Setting	14 min	2 min	4 min

- Place the rice in the oven first.
- Set the first cooking duration: 14 minutes.
- After 14 minutes, place the fish in the oven.
- Set the second cooking duration: 2 minutes.
- After 2 minutes, place the broccoli in the oven.
- Set the third cooking duration: 4 minutes.

It is much quicker to defrost items in the steam oven than at room temperature.

Temperature

60 °C is the best temperature for defrosting.

Exceptions: 50 °C for minced meat and game, 100 °C for bread and cakes.

Before and after defrosting

Remove all packaging before defrosting.


Exceptions:

Leave bread, biscuits and cakes in their packaging as otherwise they will absorb moisture and become soft.

Allow defrosted food to stand at room temperature after removing it from the oven. The standing time is necessary to allow the warmth to reach the core of the food from the outside.

Cooking container/rack

Use the rack with the condensate tray underneath it when defrosting food which will drip, such as poultry. This way food will not be lying in defrosted liquid.

 It is particularly important to observe food hygiene rules when defrosting poultry. Do not use the liquid from defrosted poultry. Pour it away and wash the tray, the sink and your hands. Danger of salmonella poisoning.

Food which does not drip can be placed on the rack, in a cooking container or in a dish.

Useful tips

Fish does not need to be fully defrosted before cooking. Defrost so that the surface is sufficiently thawed to take herbs and seasoning. Depending on the thickness of the fish, 2 - 5 minutes should be enough.

When defrosting food which has frozen together, e.g. berries, chops, fish fillets etc. separate it about half-way through the defrosting time.

Do not refreeze food once it has thawed.

Defrost frozen pre-cooked meals according to the manufacturer's instructions.

Defrosting

Food to be defrosted	Weight in g	Temperature in °C	Defrosting duration in minutes	Standing time in minutes
Dairy products				
Cheese slices	125	60	15	10
Quark	250	60	20 - 25	10 - 15
Cream	250	60	20 - 25	10 - 15
Soft cheese	100	60	15	10 - 15
Fruit				
Apple sauce	250	60	20 - 25	10 - 15
Apple pieces	250	60	20 - 25	10 - 15
Apricots	500	60	25 - 28	15 - 20
Strawberries	300	60	8 - 10	10 - 12
Raspberries/ Blackcurrants	300	60	8	10 - 12
Cherries	150	60	15	10 - 15
Peaches	500	60	25 - 28	15 - 20
Plums	250	60	20 - 25	10 - 15
Gooseberries	250	60	20 - 22	10 - 15
Vegetables				
Frozen in a block	300	60	20 - 25	10 - 15
Fish				
Trout	500	60	15 - 18	10 - 15
Lobster	300	60	25 - 30	10 - 15
Small shrimps	300	60	4 - 6	5

Defrosting

Food to be defrosted	Weight in g	Temperature in °C	Defrosting duration in minutes	Standing time in minutes
Meat				
Meat slices	-	60	8 - 10	15 - 20
Minced meat	250	50	15 - 20	10 - 15
Minced meat	500	50	20 - 30	10 - 15
Goulash	500	60	30 - 40	10 - 15
Goulash	1000	60	50 - 60	10 - 15
Liver	250	60	20 - 25	10 - 15
Saddle of hare	500	50	30 - 40	15 - 15
Roebuck saddle	1000	50	40 - 50	10 - 15
Cutlets / chops / sausages	800	60	25 - 35	15 - 20
Poultry				
Chicken	1000	60	40	15 - 20
Chicken thighs	150	60	20 - 25	10 - 15
Chicken escalopes	500	60	25 - 30	10 - 15
Turkey drumsticks	500	60	40 - 45	10 - 15
Baked goods				
Puff pastries/ yeast buns		60	10 - 12	10 - 15
Cakes/biscuits	400	60	15	10 - 15
Bread/rolls				
Bread rolls		100	6 - 7	1 - 2
Rye bread, sliced	250	100	15	15
Wholegrain bread, sliced	250	100	15 - 20	10 - 15
White bread, sliced	150	100	10 - 15	10 - 15

Reheat

The steam oven is very effective at reheating food gently, without drying it out or cooking it further. The food will reheat evenly and does not need to be stirred during the reheating process.

You can reheat individual dishes or plated meals which have been prepared previously (e.g. meat, vegetables and potatoes).

Suitable containers

Small quantities can be reheated on a plate, larger quantities should be placed in a cooking container.

Duration

The number of plates or containers has no bearing on the cooking duration.

The cooking durations listed in the chart relate to an average portion per plate/container. Increase the cooking duration for larger quantities.

Useful tips

Compact items, such as stuffed peppers or roulades, should be cut in half.

Procedure

- Cover the food with a deep plate, a lid, or with clingfilm that is resistant to temperatures up to 100 °C and to steam.
- Then place the plate on the rack in the oven.

Settings

	Temperature in °C	Duration in minutes
Frankfurters	90	2 - 4
Casserole	100	5 - 6
Meat	100	4 - 5
Pork sausages	90	7 - 10
Poultry	100	4 - 5
Vegetables	100	2 - 3
Soup	100	3 - 4
Plated meals	100	3 - 4
Veal sausages	90	5 - 7

Bottling

Only use unblemished, fresh produce which is in good condition for bottling.

Glass jars

Use clean glass jars and accessories and check them for any defects. Glass jars with twist off lids or glass lids with a rubber seal are suitable.

Make sure that all the glass jars are the same size so that bottling is carried out evenly.

After you have filled the jars with the bottled produce, clean the glass rims with a clean cloth and hot water and then seal the jars.

Fruit

Sort fruit carefully, rinse it briefly but thoroughly and allow it to drain. Take great care when cleaning soft fruit as it is very delicate and squashes easily.

Remove any peel, stalks, cores or stones.

Cut up large fruit. For example, cut apples into slices.

If you are bottling fruit with stones (e.g. plums, apricots) without removing the stones, pierce the fruit several times with a fork or wooden screwdriver as otherwise it will burst.

Vegetables

Rinse, clean and cut up vegetables.

Green vegetables should be blanched before bottling to help them retain their colour (see "Blanching").

Fill volume

Fill the glass jars with produce up to a maximum of 3 cm below the rim. Do not pack it down as this will damage the cell walls of the produce. Tap the jar gently onto a cloth to help distribute the contents evenly.

Fill the jars with liquid. The produce must be completely covered.

Use a sugar solution for fruit and a salt or vinegar solution for vegetables.

Useful tips

Make use of residual heat by leaving the jars in the oven for 30 minutes after it has switched off.

Then cover the jars with a cloth and allow to cool for approx. 24 hours.

Procedure

- Place the rack on the lowest shelf level.
- Place the jars on the rack (all the same size). Ensure that they do not touch one another.

Settings

Produce	Temperature in °C	Duration in minutes*
Fruit		
Apples	90	50
Apple sauce	90	65
Red/Blackcurrants	80	50
Gooseberries	80	55
Fruit with stones	85	55
Vegetables		
Beans	100	120
Gherkins	90	55

* The times quoted are for 1.0 litre jars. If using 0.5 litre jars reduce the duration by about 15 minutes. If using 0.25 litre jars reduce the duration by about 20 minutes.

Extracting juice with steam

You can use the steam oven to extract juices from fruit, such as soft berries and cherries.

It is best to use overripe fruit, as the riper the fruit the greater the quantity of juice produced. Very ripe fruit will also produce a more intense flavour.

Preparation

Sort and clean the fruit. Cut out any blemishes.

Remove the stalks from grapes and morello cherries as these are bitter. The stalks do not need to be removed from strawberries, raspberries etc.

Useful tips

Try experimenting with mild and tart flavours, for example, mix apples with elderberries.

Adding sugar will increase the quantity of juice produced and improve the flavour. Sprinkle the fruit with sugar and leave to absorb for a few hours before juicing. For sweet fruit add 100 - 150 g sugar, and for more tart fruit 150 - 200 g sugar per kilo of fruit.

If you wish to bottle the juice rather than consume it straight away, pour it whilst hot into hot, sterilised bottles up to the rim, and then seal immediately with sterilised tops.

Procedure

- Put the prepared fruit (cleaned, washed, chopped etc.) into a perforated cooking container.
- Place a solid container or the condensate tray underneath to catch the juice.

Settings

Temperature: 100 °C

Duration: 40-70 minutes

Preparing yoghurt

To prepare yoghurt you will need 100 g fresh yoghurt (with live culture) and 1 litre of milk.

The yoghurt and milk should have the same percentage fat.

You can use either unchilled long-life milk or fresh milk.

If using fresh milk it should first be heated up to 90 °C (do not boil it) and then left to cool.

Procedure

- Mix 100 g yoghurt with 1 litre of milk.
- Pour the mixture into portion sized glass jars or special yoghurt jars. Seal the jars.
- Place the sealed jars in a cooking container or on the rack. Ensure that they do not touch one another.

Useful tips

How well home prepared yoghurt sets will depend on the consistency of the yoghurt used to prepare it.

Fresh milk will give a better set than long-life milk.

The yoghurt will not achieve its maximum set until it has been thoroughly chilled.

You can buy yoghurt jars from specialist cook shops.

Settings

Temperatur: 40 °C

Duration: 5:00 hours

Special programmes

Proving dough

Procedure

- Prepare the dough according to the recipe.
- Place a covered bowl on the rack.

Settings

Temperature: 40 °C
Duration: according to recipe

Melting gelatine

Procedure

- **Gelatine leaves:** Completely cover the gelatine leaves with cold water and leave to soak for 5 minutes. The gelatine leaves have to be fully covered with water. Remove the gelatine leaves from the bowl and squeeze them out. Empty the bowl. Place the squeezed gelatine leaves back in the bowl.
- **Gelatine powder:** Place the gelatine powder in a bowl and add water according to the instructions on the packaging.
- Cover the bowl and place on the rack.

Settings

Temperature: 90 °C
Duration: 1 minute

Melting chocolate

You can use the steam oven for melting any type of chocolate.

Procedure

- Break the chocolate into small pieces.
- Place large quantities in a solid container and small quantities in a cup or a dish.
- Cover the container or the dish with temperature (up to 100 °C) and hot steam resistant clingfilm or a lid.
- Stir large quantities once during cooking.

Settings

Temperature: 90 °C
Duration: 10 minutes

Special programmes

Skinning vegetables and fruit

Procedure

- Cut a cross in the top of tomatoes, nectarines etc. This will allow the skin to be removed more easily.
- Place the fruit/vegetables in a perforated container.
- To blanch almonds, it is important to plunge them into cold water as soon as they are taken out of the oven as otherwise the skin cannot be removed.

Settings

Produce	Temperature in °C	Duration in minutes
Apricots	100	1
Almonds	100	1
Nectarines	100	1
Capsicum	100	4
Peaches	100	1
Tomatoes	100	2

Apple storage

You can treat homegrown apples in the steam oven to increase the length of time you can store them for. Once treated, the apples will keep for 5 to 6 months when stored in a dry, cool and well-ventilated place. This method is only suitable for apples and not for other types of fruit.

Settings

Temperature: 50 °C

Duration: 5 minutes

Blanching

Blanch fruit and vegetable before freezing them. Blanching helps maintain the quality of the produce when it is frozen.

Blanching vegetables also helps them retain their original colour.

Procedure

- Put the prepared vegetables/fruit (cleaned, washed, chopped etc.) into a perforated cooking container.
- Once blanched, plunge the vegetables/fruit into ice cold water to cool them down quickly. Drain them well.

Settings

Temperature: 100 °C

Duration: 1 - 2 minutes

Special programmes

Steaming onions

Steaming means cooking the onions in their own juices, with the addition of a little fat if necessary.

Procedure

- Cut the onions up into small pieces and place them in a solid cooking container with a little butter.
- Cover the container or the dish with temperature (up to 100 °C) and hot steam resistant clingfilm or a lid.

Settings

Temperature: 100 °C

Duration: 4 minutes

Bacon

The bacon does not brown.

Procedure

- Place the bacon (diced or rashers) in a solid cooking container.
- Cover the container with temperature (up to 100 °C) and hot steam resistant clingfilm or a lid.

Settings

Temperature: 100 °C

Duration: 4 minutes

Disinfecting containers

The steam oven will disinfect baby bottles and other containers so that at the end of the programme they are as germ free as they would have been if boiled. Check beforehand that all parts, teats etc. are declared by the manufacturer to be heat resistant to 100 °C and also that they can withstand hot steam.

All parts of the bottles must be completely dry before they are reassembled to keep them germ free.

Procedure

- Place the rack on the lowest shelf level.
- Dismantle, clean and thoroughly rinse baby bottles.
Place the individual parts on the rack, ensuring that they do not touch one another (on their sides or with the opening facing downwards) to allow hot steam to reach them from all sides.

Settings

Temperature: 100 °C
Duration: 15 minutes

Heating flannels

Procedure

- Moisten flannels and then roll them up.
- Place them beside one another in a perforated cooking container.

Settings

Temperature: 70 °C
Duration: 2 minutes

Special programmes

Decrystallising honey

Procedure

- Loosen the lid and place the jar of honey in a perforated cooking container or on the rack.
- Stir the honey once during the cooking procedure.

Settings

Temperature: 60 °C

Duration: 90 minutes (depending on the size of jar or the amount of honey in the jar)



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